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Bangalore Mirror

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GREEN SIGNAL

AI-powered smart signals installed at key locations designed to adapt to real-time traffic conditions

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NURSING GRUDGE

Of 615 nursing colleges under ambit of Rajiv Gandhi University of Health Sciences, 75 colleges asked not to admit students

PAGE 5

Study shows cumbersome process of recognising slums in city has left around 60% of these settlements unrecognised. The result is — inhabitants have limited access to public benefits, basic infra

ZERO SLUM GAME

City offers piecemeal solutions, but no long-term planning

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> **Recognition can help support such inhabitants through these policies and give slums a formal voice, thereby aiding them to bring their problems to the state's attention**
>
> — Sahil Mathew, one of the authors of the study

Bengaluru has only about 40% of its slums formally recognised by city authorities. The limited access to public benefits and basic infrastructure due to lack of recognition has left most slum dwellers experiencing various challenges, including flooding, say researchers at the Center for Study of Science, Technology, and Policy (CSTEP), Bengaluru.

Researchers say recognising slums would aid in them dealing with flooding as unrecognised slums are left out of government schemes and policies that are meant to improve the resilience of recognized clusters of shanties.

CONTINUED ON PAGE 8 »

Flex menace to be nipped in the bud

BBMP officials plan to revoke licences of units found printing banners illegally or without proper permissions

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After multiple failed attempts to curb the flex banner menace in the city, the Bruhat Bengaluru Mahanagara Palike (BBMP) has decided to tackle the issue at its source. Officials have announced that any flex banner manufacturing unit found printing banners illegally or without proper permission will have its licence revoked.

The move comes after the High Court criticised the BBMP and the state government for failing to implement its orders to control unauthorised advertisements. BBMP Special Commissioners and Chief Health Officers have been instructed to take necessary action. As per the current regulations, only government advertisements and public awareness campaigns are permitted within the city limits, while commercial advertisements are prohibited. Despite this, unauthorised flexes continue to be installed in BBMP areas.

A BBMP official stated, "To address this issue, BBMP has issued an order with the following guidelines: flex printing is allowed only with a permit; use eco-friendly, biodegradable materials for printing; do not use PVC or plastic mixed materials; verify if the printer and the person

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Poetic rendezvous

Attagalatta presents the eighth edition of Bengaluru Poetry Festival. This is an interesting mix of poetry performances, explorations of the connections between poetry and music, discussions about poetry and opportunities to learn through workshops and interactive sessions. Over 50 invited poets, artistes, musicians and music makers are confirmed to participate this year. The festival will also bring poetry in multiple languages to the city of Bangalore – Kannada, Tamil, Punjabi, Gujarati, Hindi, Urdu and Bengali. Listen to, and interact with poets such as Anand Thakore and Ranjit Hoskote, lyricist and comedian Varun Grover, Kannada poet Jayant Kaikini, and many other artists.
Where: The Grand Mercure Bengaluru at Gopalan Mall; When: August 3rd & 4th from 9.30 am to 8 pm

02 Mesmerising musicals

Sursagar in association with ITC Sangeet Research Academy and Alliance Francaise, presents "Hindustani Raagdhaari Sangeet" featuring a Vocal Recital by Vidushi Medha Basu, followed by a Sitar Recital by Pandit Partha Chatterjee. Medha is a Scholar at ITC Sangeet Research Academy since 2017. Partha has worked with the Indian Council for Cultural Relations (ICCR), Government of India, in projecting the image of Indian Music as a musical ambassador.
Where: Canara Union, Malleshwaram; When: August 3rd, 6 pm

03 Bharatnatyam workshop

Dive into the world of Bharatanatyam with this engaging workshop. This immersive experience is designed for all levels, from curious beginners to seasoned dancers. Our acclaimed instructor will demonstrate the beauty of this classical Indian dance form. Discover rhythmic footwork, graceful mudras, and expressive storytelling through Bharatanatyam. Learn the technique and deepen your understanding of Bharatanatyam for the first time in a helpful and supportive setting. **Where: Bloom Activity Center; When: August 3rd, 5 pm**

Women and child panels must provide fund, meeting details

Move welcome, activists say regular follow up will boost panels' functioning in rural areas

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Not many villages have Women and Child Protection Committees (WCPCs), and most of the existing WCPCs are not functioning effectively, which has to be dealt with on priority basis

To enable and empower all the Women and Child Protection Committees (WCPCs) and Village Health Sanitation & Nutrition Committees (VHSNCs), the Director (Development) of Karnataka Panchayat Raj Commissionerate has issued a circular on July 25 to all the Chief Executive Officers of Zilla Panchayats to submit a report on the number of WCPCs and VHSNCs and the details on the funds allocated and the number of meetings held by the WCPCs and VHSNCs and the measures taken to conduct the meetings of WCPCs and VHSNCs.

WCPCs in rural areas play an important role in creating awareness on the impact of child marriages and they take measures to prevent child marriages and remove the bias against female children in rural areas. Constituting a WCPC and enabling them to function under the chairmanship of the village panchayat president is a must for all village panchayats. However, not many villages have the WCPCs and most of the existing WCPCs are not functioning effectively.

The circular has also asked the Chief Executive Officers of Zilla Panchayats to provide information on the digitisation of libraries at the village level, the playgrounds reserved for children and the funds allocated for the maintenance of those playgrounds, information on whether or not the gram panchayats are children friendly, and the training programmes organised at the village level for the children. "All the Chief Executive Officers of Zilla Panchayats have to collect the necessary data and send it immediately," the Director (Development) of Panchayat Raj Commissionerate said.

Meanwhile, child rights activists have welcomed the Rural Development and Panchayat Raj Department (RDPR) circular to all the Zilla Panchayat Chief Executive Officers. They said the monitoring of the WCPCs and the VHSNCs will benefit the children in rural areas.

Nagasimha G Rao of Child Rights Trust said the RDPR's recent circular to gram panchayats regarding child protection is a commendable step towards ensuring the safety and well-being of children. "As per the United Nations Convention on the Rights of the Child (UNCRC) Article 25, monitoring is crucial to prevent child exploitation and abuse. We welcome RDPR's initiative in seeking reports from gram panchayats and urge them to conduct regular follow-ups to ensure effective implementation. This proactive approach will strengthen the WPCPs' efforts, fostering a safer environment for vulnerable populations," he added.

> **"This proactive approach will strengthen the WPCPs' efforts, fostering a safer environment for vulnerable population** – Activist

Expressing a similar opinion, HC Raghavendra, a former member of Karnataka State Commission for Protection of Child Rights has said that the WCPCs in many villages have become defunct. "I welcome the circular issued by the RDPR for collecting the data on the WCPCs and VHSNCs. It will ensure the WCPCs and VHSNCs function effectively," he specified.

Bike rally to commemorate Kargil Vijay Diwas

Akhila Karnataka Ex-Servicemen Association on Sunday organised a bike and jeep rally to celebrate Kargil Vijay Diwas. Around 600 bikers, including soldiers, tornadoes, traffic police, and ex-servicemen participated in the rally that commenced at Manekshaw Parade Ground and concluded at BGS Playground at Govindaraja Nagar Assembly constituency.

The rally was organised in association with Priya Krishna Foundation, She for Society, and A7 Entertainment. Two hundred-foot-long national flag and motor bike stunts were displayed at the BGS Playground.

Speaking on the occasion, Akhila Karnataka Ex-Servicemen Association president Dr Shivanna NK has said the bike rally has been organised to commemorate the sacrifices made by the Indian soldiers during the Kargil War.

"Farmers and armed forces are very important in nation-building. Both of them work hard for the country. Kargil was triggered after infiltrators from Pakistan crossed the line of control and occupied the high positions in Ladakh's Kargil district. Our armed forces defeated Pakistan in the Kargil War and reclaimed the high positions occupied by the infiltrators," said Dr Shivanna.

Bikers at the rally taken out from Manekshaw Parade Ground to BGS Playground on Sunday

He said that army personnel who took part in the Kargil War were felicitated and tributes were paid to those who became martyrs in Kargil War. "I want the youth to get inspiration and motivation from army personnel who took part in the Kargil War and work for the country," he added.

Harshini Venkatesh, founder of She for Society, said that the bike rally has been organised for the last three years to create awareness among the public, especially children, about the Kargil War and the people who participated in it. "Children know only about Independence Day and Republic Day. Not many children are aware of the Kargil War. The objective of the bike rally is to create awareness among the children about the Kargil War," she pressed.

— Y Maheswara Reddy

Amend law to safeguard privacy rights of sexual assault and rape victims: HC

High Court directs Centre to mandate medical examinations by female doctors

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The Karnataka High Court has directed the Union government to amend the Bharatiya Nagarik Suraksha Sanhita (BNSS) to safeguard the privacy rights of adult victims of sexual assault by mandating that their medical examinations be conducted by female doctors. On July 15, Justice MG Uma instructed that until Section 184 of the BNSS is amended, examinations should be carried out only by or under the supervision of a female registered medical practitioner. The Court noted that Section 184 of the BNSS, which mirrors Section 164A of the repealed Code of Criminal Procedure (CrPC), allows examinations by any registered medical professional regardless of gender.

The Court highlighted the inconsistency with the POCSO Act, which mandates that minor victims and female accused be examined only by female doctors. "There is absolutely no reason as to why a similar requirement to compel the examination of an adult female who is the victim of sexual assault should not be held only by a female medical practitioner or at least in her supervision," the High Court stated. It emphasized the embarrassment caused to adult female victims by male practitioners, noting the law protects accused individuals' rights but neglects victims' rights.

Justice Uma directed the Union and State governments to suggest an amendment to Section 184 of the BNSS. These directions came while considering a bail application by Ajay Kumar Behera, an accused in a sexual assault case, which was dismissed. The Court noted the victim had undergone lengthy examinations at two hospitals, with the first conducted by a male doctor.

Law students' exam pleas rejected

The HC dismissed petitions filed by 9th semester law students seeking permission from the Karnataka State Law University to write their examinations despite insufficient attendance. The students, enrolled in a five-year integrated law course, argued they should be allowed to attend 10th semester classes based on amended university regulations. However, the university maintained that Regulation 15 requires students to meet the attendance requirement to progress in the course.

Justice S Sunil Yadav, presiding over the case, highlighted that regulation 13 mandates a minimum of 70 per cent attendance, with a possible 5 per cent relaxation, and defines "keep the terms" as adhering to this requirement.

Regulation 15 states that only students who have "kept the terms" are eligible to proceed to the next semester. The court clarified that even if a student fails a subject, they can still progress if they meet attendance and other requirements. However, failing to meet the attendance requirement deems a student ineligible to advance.

The court rejected the students' argument that promotion to the fifth year should automatically allow progression to the 10th semester. It noted that the 2020 amendment, which introduced the "kept the terms" requirement, has changed the interpretation of the rules. Consequently, the petitions were dismissed, and the students must complete the 9th semester before advancing to the 10th semester.

Two arrested for attack on Dalit youth

Two rowdy-sheeters who allegedly attacked and severed the hand of a Dalit youth in Kanakapura town were shot in the leg before being arrested by Karnataka Police on Sunday. The accused have been identified as Harsha alias Kaima and Karunesh alias Kanna. Both rowdy-sheeters have been admitted to the hospital and are being treated.

According to the police, a gang of seven armed persons from the upper caste Vokkaliga community attacked the family of Dalit youth Aneesh Kumar, a resident of Malagalu village in Kanakapura taluk, and chopped off his left hand before disappearing. The incident was reported on July 21.

Dalit organisations condemned the act and demanded that the government take action.

As per the police, the group attacked Aneesh Kumar when he was walking with his uncle on the main road. One of the accused, who was standing and chatting on the roadside with friends, confronted them, asking about their caste, which led to an altercation. He questioned the youth about his presence, and the victim and his uncle left the place following the heated arguments.

A few moments later, the accused barged into the house of Aneesh, and abused him and his family members using casteist slurs. Aneesh is undergoing treatment at St. John's Hospital in Bengaluru, and his family members were treated at a local hospital. The police have registered an FIR against seven persons in connection with the incident, and others are absconding.

The police have registered cases against the accused under Sections 118 (voluntarily causing hurt by dangerous weapons), 198 (unlawful assembly), 329 (criminal trespass), 351 (threatening), and 76 (assault and use of criminal force on a woman with intent to disrobe) of the Bharatiya Nyaya Samhita, as well as under the SC and ST (Prevention of Atrocities) Amendment Act. **IANS**

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Less wait, more go; AI debuts in Bengaluru

City's new smart traffic signals at KR Market and other key spots cut wait times by adjusting to real-time traffic; system aims to ease congestion, reduce jams

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Tired of waiting endlessly at traffic signals? Bengaluru city police are upgrading the signals to more effectively monitor traffic and improve efficiency. These AI-powered smart signals are now installed at key locations such as KR Market, Town Hall, and near KIMS. The new system uses a Vehicle Activity Control (VAC) module and is designed to adapt to real-time traffic conditions. Instead of relying on pre-set timers, the AI cameras at each signal track vehicle activity. If one stretch of road has more vehicles compared to others, the signal will turn green to alleviate congestion. A control box at each signal allows for both automatic operation and manual control by traffic cops when needed. The new AI-powered signals analyse real-time traffic data, dynamically adjusting signal timings to improve traffic flow and reduce wait times. This innovation aims to decongest traffic and provide a smoother driving experience for Bengaluru's commuters.

A senior police official said, "These adaptive traffic signals are intelligent systems that can gauge traffic flow and adjust signal timings accordingly. Currently, Bengaluru has different types of traffic signals. The first type operates on a preset mode, where signal timings are fixed regardless of traffic conditions. This system's major drawback is its inability to adapt to real-time traffic, often leading to unnecessary delays. Another mode involves manual intervention by a traffic cop who adjusts the signals based on observed traffic. However, since a cop cannot be stationed at the signal all the time, this method is not always effective. This is where adaptive traffic signals come into play. Equipped with 360-degree cameras, these signals monitor traffic in real time, allowing for dynamic adjustments. If traffic is lighter on one road, the signal can automatically turn red, and vice versa, it can extend the green time for roads with higher traffic density."

With traffic patterns fluctuating between peak and non-peak hours, adaptive signals seem to be the solution to Bengaluru's traffic challenges. Adaptive signals are planned at many more locations. These signals will not only automate traffic management but also optimise signal timing based on traffic volume. Controlled through a central traffic control centre, the system can manage individual junctions or groups of junctions along a corridor or region. The controller will communicate with the Adaptive Traffic Control System (ATCS) server via Ethernet on a managed leased line network or another stable communication network. It will also use crowdsource data and vehicle detector cameras to optimise traffic light timings. The system allows for manual control of traffic signals using a remote device and can prioritise designated emergency vehicles equipped with GPS devices, creating green corridors for ambulances.

KAUSHIK JN

The new system uses AI cameras and Vehicle Activity Control to adjust signals in real time, easing congestion

It may be noted that in 2022, Bengaluru Traffic Police proposed the installation of adaptive signals at 50 locations. These smart signals will track real-time traffic at each intersection and adjust signal timing accordingly to reduce vehicle waiting times. Queue-length measuring (QMS) sensors will be installed between junctions to provide real-time data for optimising signal layouts and reducing traffic jams. The Directorate of Urban Land Transport (DULT) anticipates a reduction in average queue lengths after the implementation of these smart signals. The project, funded by a grant from the Government of Japan, was delayed due to the pandemic but resumed with an agreement signed on June 30, 2021.

Craterland: KS Layout Junction's road woes unfold

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Residents and commuters are raising concerns about the deplorable condition of the KS Layout Junction on the Outer Ring Road, just past the Sarakki Junction. The road, which has been in disrepair for many months, has now deteriorated to the point where it resembles a landscape full of craters.

Two-wheeler riders, in particular, are feeling the brunt of this issue. Many have described their daily commutes as harrowing, akin to riding through hilly terrain. This has led to numerous incidents where bikes and scooters lose balance, posing a significant risk to riders.

One concerned commuter shared his experience: "I noticed the road condition several months ago. But recently when I was riding, I saw how scary it was. I was on a scooter and realised that it felt like passing a huge mountain. When I informed the officials, they stated it was due to cement mix falling from lorries making the road in that condition and have assured to fix it. However, we are not sure it'll happen."

The root of the problem, according to Bruhat Bengaluru Mahanagara Palike (BBMP) officials, is spillage from cement lorries travelling along this stretch. These spills have solidified over time, creating large, uneven surfaces that make the road hazardous. The BBMP has stated that the only way to address the issue is to scrape out the damaged section and then re-asphalt it.

Cement spills from lorries have filled the road with craters, making it hazardous

Despite these assurances, residents remain sceptical. Another resident voiced his frustration, highlighting how long the situation has persisted. "The situation has remained for over a year now, and huge concrete was dumped on the road. However, despite multiple complaints, authorities have done nothing about it, " he said. The worsening condition of this key junction is not only a safety concern but also a significant inconvenience for the daily commuters who rely on this route. The community has been vocal about needing immediate action, but progress appears slow.

Residents are urging the BBMP to expedite the repair process before the road becomes unmanageable.

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Garbage glut

Majestic Circle

Majestic Circle, the central hub of Bengaluru that is bustling with people daily, is currently littered with garbage.

Debris danger

AECS Layout

Construction debris and missing footpaths make it dangerous for pedestrians near Asha Tiffins, opposite to the BBMP office in AECS Layout. Two-wheeler riders also leave pillion footrests open, adding to the hazards.

Daily dump

RT Nagar

Garbage is dumped on the road every day outside the BDA Complex in RT Nagar 2nd Block.

Trial judges playing it safe, not granting bail on serious crimes: CJI

Chief Justice of India DY Chandrachud on Sunday said that trial judges prefer playing it safe by not granting bail on important issues of crime when they are looked at with a degree of suspicion. The Chief Justice underlined the need for a 'sense of robust common sense' to look at the nitty-gritty of each case.

"People who should be getting bail in the trial courts are not getting it there, as a result of which they have to invariably move to the high courts. People who should be getting bail in the high courts will not necessarily get it, as a result of which they have to move to the Supreme Court. This delay compounds the problem of those who are facing arbitrary arrests," Justice Chandrachud said.

He was replying to a question at the end of a keynote address during the '11th Annual Conference of the Berkeley Centre on Comparative Equality and Anti-Discrimination'. The question was on arbitrary arrests.

The questioner said we seem to live in a society where one acts first and seeks forgiveness later. This has become particularly true for public authorities acting in a politically motivated manner by detaining activists, academics, journalists, and even politicians, including the chief ministers of opposition parties.

According to him, all of these actions are taken with deep trust in the face of justice coming very slowly.

In reply, Justice Chandrachud said

CJI DY Chandrachud

the Supreme Court has been constantly trying to convey that part of the reason for it is that there is an inherent distrust in the institutions within the country.

"I think it's important that we learn to trust people who may be in a hierarchical legal system, like much below, which are the trial courts. We have to encourage trial courts to be more receptive to the need for accommodating concerns of people who are seeking liberty," the CJI said.

"Unfortunately, the problem today is this, we look at any grant of relief by trial judges with a degree of suspicion. That means that the trial judges increasingly are playing it safe, not granting bail on important issues of serious crimes," he explained.

According to the CJI, judges have to look at the nitty-gritty and see the fine print of each case.

"You (judges) have to have a sense of robust common sense. Now, unless we, therefore, separate the grains from the chaff in criminal jurisprudence, it's very unlikely that we will have just solutions. To allow for decision-makers to separate the grain from the chaff, it's important that we also place a great deal of trust," Justice Chandrachud noted.

"I think that's my concern that you can't render courts in the hierarchy dysfunctional just by the number of very small cases that are placed before us." According to him, most of the cases should not have come to the Supreme Court at all.

"The reason why we are prioritising bail is to send this message across the nation that those at the most incipient levels of the decision-making process have to do their duties without this feeling that their careers will be on the line," the CJI underlined. —PTI

12% nursing colleges face admission ban

RGUHS cracks down on 75 institutions for violating norms, impacting State's booming nursing education

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With nursing education booming, here comes the shocker: around 12 per cent of nursing colleges have been asked not to admit any students for the academic year 2024-25. There are 615 nursing colleges under the ambit of the Rajiv Gandhi University of Health Sciences (RGUHS), and the university has issued an order for non-admission in 75 colleges. Most of these colleges are located in the Bengaluru region, with the rest spread across Mangaluru, Udupi, Bidar, Chikkamagaluru, Kalaburagi, Chitradurga, and Ballari districts.

Confirming this, RGUHS Vice-Chancellor Dr MK Ramesh said, "As many as 75 colleges violated norms and had deficiencies, and hence we have suggested the closure. A team of university officials will visit these colleges again for inspection. If the problems persist, strict action will be taken."

Sources said that the demand for nursing education has grown significantly in recent years. A substantial number of students from outside the state, particularly from Kerala, are showing interest in pursuing nursing education in Karnataka. Additionally, students from north-eastern states are also increasingly drawn to Karnataka's nursing programs, contributing to a rise in the number of nursing students and colleges. However, the latest decision by the RGUHS is likely to impact the nursing education sector in the state significantly.

RGUHS officials said that as many students are enrolling in nursing colleges, it is crucial to check if the college is affiliated with the university. Prospective students should gather comprehensive information about the college, including its infrastructure, before making their admission decision. Failing to do so may inadvertently support colleges that are not properly accredited. Sources said that many nursing colleges operate without proper affiliation, and students often enrol without verifying this information. This oversight can lead to significant problems for students in the future.

> **A team of university officials will visit these colleges again for inspection. If the problems persist, strict action will be taken**
> –Dr MK Ramesh, Vice-Chancellor, RGUHS

"Parents and students must be vigilant and confirm the college's affiliation status before proceeding with admission. They should also inquire about the college's infrastructure, faculty, and other facilities to ensure they are making an informed choice," an official stated.

Rajiv Gandhi Health Sciences University should offer clear and accessible information about the affiliation status of nursing colleges to assist students in making well-informed decisions. According to the Indian Nursing Council guidelines, nursing colleges established after 2019 must have a 100-bed hospital as a parent hospital to begin operations. However, many colleges in the state have not adhered to this rule. Rajiv Gandhi Health Sciences University must address this issue promptly. The guidelines are designed to guarantee that nursing students gain practical experience and hands-on training in a hospital setting. Without a parent hospital, students may lack essential training, adversely affecting their skills and knowledge. Hence, the university must monitor and enforce these guidelines to uphold the standards of nursing education in the state. Ensuring compliance will help maintain the quality of education and training that nursing students receive, ultimately benefiting the healthcare sector. Many nursing colleges lack basic facilities, buildings, and adequate infrastructure. Recently, officials from Rajiv Gandhi University have begun inspecting these colleges and have issued show-cause notices to those affiliated with deemed universities, said an official.

Activists said that the implementation of CET for all nursing courses could streamline the admission process and ensure that only colleges meeting the necessary standards are allowed to operate. This would help regulate the quality of nursing education and ensure that students receive proper training in well-equipped institutions. Experts said that these measures will help bring transparency and accountability to the system, ensuring that students receive proper training in well-equipped institutions. This regulation would help uphold the quality of nursing education and ultimately benefit the healthcare sector.

2 scandals: Allegations, shocker from Yatnal

In an embarrassment to the Karnataka BJP, MLA Basanagouda Patil Yatnal on Sunday accused BJP President BY Vijayendra, his father and former Chief Minister BS Yediyurappa of being involved in the Mysuru Urban Development Authority (MUDA) case. "Yeddiyurappa, his nephews, former MUDA Chairman HV Rajeev, who is now with Congress, and Vijayendra and his father are involved in the MUDA case. All the accused will get caught soon. BJP must clarify whether Rajeev is a disciple of Yeddyurappa or Vijayendra. Since Rajeev is their associate, why is Vijayendra conducting a padayatra against the Chief Minister?" Yatnal told media persons. The Karnataka BJP is set to organise a protest march from Bengaluru to Mysuru, demanding the resignation of Chief Minister Siddaramaiah for his alleged role in the MUDA case. Yatnal claimed that former MUDA Chairman Rajeev was involved in the MUDA case while in the BJP. "Now Rajeev has joined Congress only to cover up his role. He joined Congress under Siddaramaiah's leadership to bring down the BJP. Everyone knows under whose direction Rajeev joined Congress and who his mentor is," Yatnal said. He questioned why Rajeev, a close associate of Yediyurappa and Vijayendra, joined Congress ahead of the Lok Sabha elections. "It was to support Congress to win in Mysuru and Chamarajanagar Lok Sabha seats. Rajeev's example is a perfect case of cross-party alignment," Yatnal said. He criticised Vijayendra's claim that their fight is not against Siddaramaiah but against Congress.

SC/ST Board scam: Fin Min lashes out

Union Finance Minister Nirmala Sitharaman also criticised Chief Minister Siddaramaiah, asking if it was 'Nyay' (justice) to siphon off money belonging to the tribal Valmiki community. Referring to the Rs 187 crore scam in the Karnataka Maharshi Valmiki Scheduled Tribe Corporation, including the illegal transfer of Rs 88 crore, Sitharaman accused the CM of concealing facts and trying to pass the blame to the central government because bank officials of a nationalised bank were involved. —IANS

Rising elephant deaths: 294 casualties reported in K'taka

State witnesses rising wildlife fatalities and implements measures like AI monitoring, physical barriers, task forces

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Karnataka, known for having the highest number of elephants in the country, is facing a concerning rise in elephant deaths over the years. Examining the statistics on elephant deaths in Karnataka over the past three years reveals a troubling trend as 294 elephants have died in the state since 2021-22 and of these 51 have died due to unnatural causes.

In 2021-22, a total of 89 elephants died, with 16 deaths attributed to unnatural causes. In 2022-23, saw 70 elephant deaths. In 2023-24, the number rose to 101 elephant deaths, including 14 due to unnatural causes. By the end of June 2024, 31 elephants have died, with five deaths resulting from unnatural causes. Among these unnatural causes, 90% of the elephants died due to electrocution, while the remaining deaths were caused by road or train accidents or gunshots.

Forest Minister Eshwar Khandre, briefing about elephant deaths in the Legislative Council reply recently, stated that the Forest Department has implemented various measures to mitigate human-wildlife conflict. These measures include the use of radio collars to track elephant movements and alert people through SMS and WhatsApp, the creation of a dashboard to monitor elephant movements, the establishment of an Advance Alert System to warn the public about wild animal sightings, the installation of digital boards to display information about wild animals in their areas, and the deployment of AI-based cameras to monitor wildlife in selected areas.

"To reduce human-wildlife conflict, the department has constructed physical barriers such as solar fences and elephant-proof trenches to prevent elephants from entering human settlements. Railway tracks have also been used to create barriers. Elephant task forces have been established in various districts, including Hassan, Chikmagalur, Mysuru, and Kodagu, to prevent human-wildlife conflict, and orders have been issued to establish similar task forces in other districts as well. To increase water availability for elephants within forest areas, construction and rejuvenation of ponds and lakes are being undertaken in protected areas, thereby developing wildlife habitats" he said.

Khandre said that efforts to reduce unnatural elephant deaths are being taken up in the forests and protected areas to minimise deaths. "To reduce railway accidents, the General Manager of South Western Railway has been requested to reduce train speeds at identified locations. Legal action is being taken under the Wildlife (Conservation) Act, 1972, against those responsible for unnatural elephant deaths. Regular patrols are conducted by frontline staff to prevent any untoward incidents, and awareness programs are being conducted in villages around the forest to educate people about the importance of wildlife conservation and the legal consequences of harming wildlife", he said.

The forest department has also set up eight Elephant Task Forces (ETFs) in various districts, including Ramanagara and Bengaluru, to prevent elephant attacks. Each ETF consists of five to six staff members, including a veterinarian, and is equipped with the necessary equipment and vehicles.

"Water sources have been developed within forests to provide adequate water supply to wildlife, reducing human-wildlife conflict. Waterholes and ponds have been constructed and renovated to ensure water availability for wildlife. A 24x7 control room has been established to receive calls and respond promptly to elephant and leopard attacks. Traps have been set up in sensitive areas to capture and relocate leopards and elephants", the Minister added.

Muddappa's triple win

Bengaluru's Hemanth Muddappa of Mantra Racing continued his domination with a superb triple victory and second place in the third round of the Madras Motor Sports Club-Federation of Motor Sports Club of India- Indian National Motorcycle Drag Racing Championship on Sunday. The 'King of Drag Racing' with 12 National titles, Muddappa was at his best, winning four podium places and the fastest rider tag. The reigning champion in the unrestricted class once again put paid to the hopes of the opposition in the premier Super Sport class, adding two more victories in the 1051 to 1650cc and the 851 to 1050cc sections.

He managed to add another podium, a second place in the 551 to 850cc class to come out as the most-successful rider in Round 3. He began with a podium in the 4-stroke 551 to 850cc Super Sport class astride a Ninja 6R, behind his arch-rival Mohammed Riyaz of Hyderabad. Mudappa clocked 8.110 seconds in the unrestricted class leaving his Bengaluru opponents Attaulla Baig and Mujahid Pasha to second and third places respectively. Muddappa came out triumphant in the 851 to 1050cc Super Sport final run, clocking a blistering 08.006 to leave behind Niranjan R Kumar (08.805) in second and Khaja Awais in third (08.950). **– PTI**

PICTURE FOR REPRESENTATION ONLY

NOTES FROM THE FIELD

Demand for Greater Bengaluru

During the presentation of the Greater Bengaluru Authority bill by Deputy Chief Minister DK Shivakumar, various legislators pushed to have their areas included within the expanded Greater Bengaluru boundaries. Leader of Opposition R Ashoka took a jab at the Deputy Chief Minister, suggesting that even Kanakapura, which Shivakumar represents, should be included in Greater Bengaluru. He quipped, "Not just Bengaluru, Kanakapura also belongs to everyone." In a lighthearted response, Shivakumar remarked, "Kanakapura belongs to you too; the people voted for you as well in the last election" This playful exchange underscored the ongoing debate and interest surrounding the proposed expansion of Greater Bengaluru.

Rediscovering lakes

During a recent debate, Rajajinagar MLA S Suresh Kumar highlighted that the Bangalore Water Supply and Sewerage Board (BWSSB) previously supplied water from the Arkavathi River to Bengaluru through the Hesaraghatta and Thippagondahalli reservoirs. However, with both reservoirs now depleted, BWSSB has shifted its focus entirely to pumping Cauvery water for the city's needs. Kumar proposed, "I urge the government to transfer the management of all city lakes to BWSSB. Given that BWSSB is already responsible for sewage treatment, it would be more efficient for them to oversee the replenishment of these lakes with treated water."

Swimming in nostalgia

During a recent assembly session, Yelahanka MLA SR Vishwanath emphasised the urgent need to protect the Hesaraghatta Lake and Thippagondanahalli Reservoir, suggesting that water should be pumped from the Yettinahole project to support these sources. In response, Deputy Chief Minister DK Shivakumar invited Vishwanath to visit both locations for a firsthand assessment. Shivakumar added, "I have a personal connection with these lakes, having once swum in them. This past summer, we faced a significant challenge with 7,000 borewells going dry across the City. The solution lies in recharging these borewells by replenishing our city lakes with treated water."

Candid admission

The recent session saw BJP and JDS members staging a dharna over an alleged site scam at the Mysuru Urban Development Authority. In response, Chief Minister Siddaramaiah held a press conference to clarify his stance. When a journalist questioned him about his 2013 asset declaration where there was no mention of the Mysuru property in Siddaramaiah's declaration while filing nomination papers, Urban Development Minister Byrathi Suresh tried to whisper a caution in his ear to be careful. However, Siddaramaiah firmly chided the minister in the open, admitting to the journalists that he had indeed missed declaring the asset in 2013 due to oversight but had subsequently corrected this in his submission to the Lokayukta.

Inter-state 'war of words'

The recent landslide near Shirur, close to Ankola, has sparked a heated exchange between officials from Karnataka and Kerala. Kerala media reports have suggested that Karnataka has been negligent in its efforts to locate a Kozhikode-based driver who tragically died in the landslide. When questioned by journalists, Karnataka Chief Minister Siddaramaiah firmly responded, "Let me set the record straight, we have not shown any bias. We are committed to fairness and have launched a comprehensive search operation to locate all missing individuals. These allegations against the Karnataka government are completely unfounded."

No Khaki reels

Police Commissioner B Dayananda has issued a stern warning to police personnel regarding the creation and sharing of short videos, or reels, on social media while in uniform. This directive comes in response to incidents where officers were found making and uploading reels on platforms like Facebook and Instagram while in uniform. The Commissioner has stated that these activities are against established rules and compromise the integrity of the police force. He has warned that any personnel found engaging in such behaviour will face disciplinary action.

Flood trouble

With the Ghataprabha River in full spate, the floodwaters have inundated the farm of Excise Minister RB Timmapur in Mudhol taluk. On Sunday, Minister Timmapur, along with his brother, visited his farm to assess the situation. The farm, which had crops like sugarcane, was submerged in water. The surrounding farms were also affected, and the minister inspected the fields and instructed officials to survey the crop damage caused by the floods. **— Sridhar Vivan**

Minister Timmapur visits his farm to assess the situation

AIM FOR THE STARS

Making of Manu Bhaker, first Indian woman to win shooting medal: Inspiration from Gita, 400 euro training fines for community service, lessons from Tokyo

An elite athlete gets to bite an Olympic medal after years of blood and sweat and it was no different for 22-year-old Manu Bhaker, who relied on the teachings of Bhagwat Gita to fulfil a long-cherished dream.

The first Indian woman to win a shooting medal at the Summer Games, the Jhajjar-born was rated highly ever since she burst on the scene with the gold in the 10m air pistol at the 2018 Youth Olympics.

Umpteen medals followed on the international stage but the ultimate prize eluded her. After the heartbreak of her first Olympics in Tokyo, where she ended up in tears, Bhaker finally realised her dream with a bronze in the 10m air pistol event here on Sunday. In a country where Olympic medals are extremely hard to come by, bronze feels as good as gold and Bhaker had to follow a relentless routine prepared by her hard taskmaster coach Jaspal Rana in preparation for her second Olympics.

Manu Bhaker celebrates with the Indian flag after winning the bronze medal in the 10m air pistol women's final round at the 2024 Summer Olympics on Sunday,

Reading Gita was guiding force for Bhaker

Harsh lessons from her maiden Olympics coupled with intense training methods around the world proved to be invaluable. For mental preparation, she started reading the Bhagwat Gita after the Tokyo setback and is now a firm believer in karma.

"I have become religious after Tokyo but not in an extreme way (laughs). I believe that there is an energy that guides us and protects us. And there is an aura around us that feeds on that energy. I think there should be some faith in God who has created us." Bhaker was remembering the lines from Gita in a high-pressure final that saw athletes being eliminated from 12 to 22 shots, with the last two shots deciding the silver and gold medallist.

> **We have a lot of talent but lack confidence whether we can do it or we let the pressure get the better of us. I am so grateful I was able to break this chain and get the medal home**

"The most famous quote in Gita is don't worry about the results, just keep working diligently. So the same was going on in my mind (in the final)," she said. The presence of coach Rana in the stands was also comforting. Their communication through eyes is a constant during competition, giving Bhaker the strength to deal with pressure. Bhaker explained how reuniting with Rana over the last year or so made her a better athlete. "I had figured out where Jaspal sir was sitting in the crowd and I was making sure I was only looking at him and nobody else.

"Looking at him gives me courage and I am grateful that you know all those years of hard work that we have put in together paid off with this and probably even more.

To her credit, she looked extremely confident both during the qualification on Saturday and the final 24 hours later. That positive body language was also observed by former shooter Abhinav Bindra, one of India's only two individual gold medallists in Olympic history. "For me the greatest moment was when I saw a picture of her yesterday after qualification. There was no emotion that she displayed which meant she was in business for today," Bindra told PTI.

Lesson well learnt

A pistol malfunction during qualification at Tokyo Olympics left her crestfallen but three years later, Bhaker said she wouldn't be standing on the podium if it was not for that painful experience.

"In Tokyo, things definitely didn't go to plan. But somewhere, I would be careless. I fell short because of whatever reason.

"I think that if you can't win something, you can learn a lot from it. If I didn't have those lessons in my life in Tokyo, I wouldn't be here today.

"We have a lot of talent here but we lack confidence that whether we can do it or not at this stage or we let the pressure get the better of ourselves.

"I am so grateful that I was able to break this chain and get the medal home."

Intense training, daily fines of 400 Euros and community service

Whether she was training in Luxembourg or Dehradun, Rana had kept clear cut targets for Bhaker even for a regular session. In the event of failing to shoot the score decided by Rana, Bhaker would pay fines which were then used to help the needy around the world.

"His working method is very different from the rest of the people. Usually he sets a goal and if you score that much, then it's okay.

"And if you don't score that much, then the points that were less in that score, let us say we decided to score 582 and I scored 578. So those four points will amount to 40 Euros and sometimes 400 Euros depending on the situation and country. You have to donate that much," said Bhaker. -PTI

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IT returns: When do you not get refund or any interest?

If individual taxpayers have paid more tax than they owe, they can receive income tax refunds. To ensure you receive an income tax refund, be sure to file the ITR by July 31, 2024, for FY 2023-24 (AY 2024-25) to avoid a late filing fee, which is automatically deducted from any tax refund owed to you, if applicable.

When do you get no interest on tax refund despite being eligible for a tax refund

If you are eligible for a tax refund after filing ITR then you are supposed to get this back along with an interest at a specified rate in case of delay in refund. However, this is not given in certain cases. According to Pallav Pradyumn Narang, Partner, CNK, a CA firm, "Generally tax refunds carry interest at the rate of 0.5% per month or part of month for delay in the payment of the refunds." When the filed ITR is successfully processed, we receive an intimation informing about this under section 143(1). This intimation also mentions the total tax refund amount, if any. As per Dhruv Chopra, Managing Partner, Dewan P. N. Chopra & Co, a CA firm, "No interest on tax refund amount under section 244A is payable, if the amount of tax refund is less than ten per cent of the tax as determined under section 143(1) or on regular assessment."

For refunds arising due to excess advance tax or TDS, the interest is calculated from the beginning of the assessment year to the date the refund is granted. "In other scenarios, such as refunds resulting from orders passed by the tax authorities, interest is calculated from the date of payment of the tax to the date the refund is issued," says Ankit Jain, partner, Ved Jain & Associates.

When would you not receive an income tax refund despite it being due from the tax department?

According to Chopra, the tax department doesn't collect tax demands or grant tax refunds if the amount is less than Rs 100.

"When a tax return is processed by the Centralised Processing Cell (CPC) of the Income tax department, they make adjustments to the total income offered to correct any apparent mistakes. If after such processing, any demand is created (meaning the taxpayer is liable to pay more), such demand is not collected by the tax department up to Rs 100. So, if demand is less than Rs 100, taxpayers need not pay that. Similarly, if the tax refund eligible after such processing is less than Rs 100, the tax department does not issue that refund also. Hence the tax department does not give income tax refunds if the amount is less than Rs 100," he says.

What situations ensure that you get a tax refund?

Paying more income tax to the government than required under the law makes sure that you get a tax refund of the excess amount with interest as specified. Jain explains when this 'overpayment' occurs.

"This overpayment can occur due to several reasons, such as excess tax deducted at source (TDS) by employers or other entities, advance tax payments exceeding the actual tax liability, self-assessment tax paid that is higher than the actual tax liability, or tax benefits and deductions not accounted for during tax payments," he says. According to Narang, a taxpayer is eligible for payment tax refund if they satisfy all the following conditions: Has paid excess tax or excess TDS has been deducted than the assessed tax liability, and

Scrutiny of the respect assessment year's ITR is completed or if not, then the department is not of opinion that issuing refunds will result in loss of revenue, and No other tax demand against the taxpayer is pending.

By Neelanjit Das, ET Online

Misleading narrative claims e-cigarettes, vapes are healthier alternatives: Experts

Health and child rights experts have raised alarms about the increasing portrayal of e-cigarettes and vapes as healthier alternatives to traditional tobacco products, warning that these products are also being used as a gateway to traditional tobacco use.

They cautioned that this "misleading narrative" is a strategic attempt by the industry to target and trap the young population, particularly those aged 10 to 19 years.

India has rightly banned these products, and this ban has potentially saved at least 24 million young people from falling into the trap of addiction, they said.

"E-cigarettes and vapes are as dangerous as tobacco and drugs for our country. Once a child is addicted to these products, they can easily be drawn to other forms of tobacco," said Priyank Kanoongo, Chairperson of the National Commission for Protection

of Child Rights (NCPCR), at a webinar organised by the Tobacco Free India, a citizens' initiative, on Sunday.

The webinar was moderated by Arun Anand, a writer and senior journalist.

The Prohibition of Electronic Cigarettes (Production, Manufacture, Import, Export, Transport, Sale, Distribution, Storage and Advertisement) Act, enacted in 2019, bans all such products, including e-cigarettes and vapes.

This law was implemented as India was already the second-largest market for tobacco, attracting many US-based companies looking to tap into the Indian market for vapes and e-cigarettes.

Kanoongo, head of India's child rights body, emphasized that India has a huge young population. Every fifth person is an adolescent (10-19 years), and every third is a young person (10-24 years).

At least two million new people start using tobacco products every year, causing approximately 1.3 million deaths and contributing to more than one per cent of the GDP burden annually in our country.

"Estimates suggest that the ban on these new nicotine products will prevent at least five percent of our young population from becoming addicted to either these nicotine products or both nicotine and tobacco products. This ban has potentially saved at least 24 million young people from addiction, significantly protecting the health and development of our country," he added. **PTI**

HDK hospitalised after suffering nose bleed during media interaction

Union Home Minister for Heavy Industries and Steel, HD Kumaraswamy, started bleeding from the nose while addressing the media after a coordination committee meeting of the BJP and the JD-S leaders here on Sunday.

The Union Minister was taken to Apollo Hospital in the Jayanagar locality here. His son, actor-turned-politician Nikhil Kumaraswamy, and other senior leaders of the Janata Dal-Secular (JD-S) rushed him to the hospital.

HD Kumaraswamy has participated in a series of programmes since morning.

He visited a temple in Nanjangud town, then arrived in Mysuru to hold meetings and address the media.

In the afternoon, he arrived in Bengaluru and took part in the BJP and the JD-S leaders' meeting.

While HD Kumaraswamy was addressing the media along with former Karnataka CM BS Yediyurappa, Union Minister Pralhad Joshi, Karnataka unit BJP president BY Vijayendra, and Opposition leader R Ashoka, suddenly suffered a nosebleed.

The blood was seen splattered all over his white shirt. Despite this, HD Kumaraswamy did not panic and asked Yediyurappa to address the media, then stepped aside while pressing a hand towel to his nose.

Later, he was rushed to the hospital. The Union Minister, according to the hospital authorities, is currently being examined. "A clearer picture will emerge once the report of tests is available," a hospital official said.

It is suspected that the blood thinner drug or medication would have resulted in the bleeding. However, an official statement is yet to be released.

HD Kumaraswamy had undergone heart surgery earlier. **IANS**

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I, Poojith Michael S/O Manu B C R/O 304/18, Thaalathmane, Madenadu, Katakeri, Kodagu, Karnataka-571201, Have Changed My Name To Poojith B M.

I Sadiqua Jabeen W/o Md Mujammil Ahmed #188 6th Crs Magadi Rd Blr-23 have changed my name to Sadiqa Jabeen for all purposes.

I, Vinothkumar Karthikeyan R/o B517 Brigade Altamont , Bangalore have changed my minor son's name from Pranith to Pranith Vinothkumar .

For slum-dwellers, this is minimum city

CONTINUED FROM PAGE 1

"Many new slums in the city, comprising a floating, migrant population, remain unrecognised. Owing to the temporary nature of these populations, they are deprived of the benefits of government schemes. Recognition can help support such inhabitants through these policies and give slums a formal voice, thereby aiding them to bring their problems to the state's attention," said Sahil Mathew, one of the authors of the study.

Flood of woes

Experts underline that Bengaluru comprises various slums, from more established inner-city slums to newer, temporary ones on the fringes of the city, with a diverse population residing within them. Considering their needs may not be the same, the slum dwellers are better placed to articulate their concerns to cope with urban flooding. Community leaders can relay these needs to the government. This would be an important first step to lowering the

impacts of urban floods on such populations.

The study further highlights that although the city offers piecemeal solutions, it currently lacks foresight for long-term planning that includes marginalised voices.

"The results (of the study) will provide scientific quantitative assessments of current and future flooding risks, combining them with everyday lived experiences and future aspirations of multiple stakeholders to help derive reasonable and feasible future alternatives," noted the researchers.

A member of a city-based NGO working with the slum dwellers says the current process of recognising slums under the Karnataka Slum Development Board is cumbersome and needs reform.

"The Slum Board's recognition process currently takes years. Some recognition has been pending since 2016. Under the recognition process, an application along with relevant documents is submitted by the residents. The Board then sends surveyors for verification. Sometimes, BBMP's involvement is also necessary. However, all these visits and verifications take a long time. We have proposed that a committee be constituted with representation from the slum community. If recognition does not happen between three and six months of submitting applications, they should get self-recognised," said the member.

Guidelines issued for printers

CONTINUED FROM PAGE 1

placing the order have obtained permission from BBMP before printing. Unauthorised printing will result in the cancellation of the business licence."

The BBMP Chief Commissioner has instructed the officials to enforce these regulations strictly and take action against violators. The department is expected to closely monitor the printing and installation of flexes and banners to ensure compliance with the new guidelines.

BBMP has reported collecting a total penalty of Rs 1,03,000 for flex banner violations between June 1, 2024, and July 22, 2024.

The highest penalties were collected from the West Zone (Rs 53,000) and RR Nagar (Rs 50,000). In addition to the penalties, a total of 142 FIRs have been filed across various zones: 10 in the East, 27 in the West, 12 in the South, seven in RR Nagar, six in Dasarahalli, 26 in Mahadevapura, 24 in Yelahanka, and 30 in Bommanahalli.

BBMP officials reported that during this period, 8,362 flex banners were removed and 267 cases were registered at the police station. The BBMP has appealed to citizens not to put up unauthorised flex banners, especially on main roads, footpaths, junctions, and flyovers, as they can cause inconvenience to the public and lead to accidents.

Strict action will be taken against anyone who puts up unauthorised flex banners. The police department is also cooperating with the BBMP in removing these unauthorised advertisements and taking action against those responsible.

Citizens can report unauthorised advertisements by calling 1533 or sending a photo with details to the WhatsApp number 9480683939.

HEALTH TIP: Adequate rest between workouts is also important to allow the heart to repair and strengthen

Foam rollers can help with muscle recovery and have been shown to increase range of motion as well as stretching

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Once bitten, twice repelled

Not all repellents are equal – here's how to avoid mosquito bites

Now that summer is in full swing, mosquitoes have come out across the United States. The use of mosquito repellents can protect both your health and sanity this summer.

While mosquitoes leave bothersome, itchy bites on your skin, they can also pose a serious and sometimes deadly risk to your health. When a mosquito bites you, it may transmit harmful pathogens that cause dangerous diseases like malaria, dengue fever, Zika and West Nile.

Avoiding mosquito bites

Mosquito females bite people to get vital nutrients from our blood. They then use these nutrients to make their eggs. One single blood meal can give rise to about 100 mosquito eggs that hatch into wiggling larvae.

There are several ways to avoid getting bitten by mosquitoes, from wearing long, loose clothing and limiting time outside to placing screens over your windows and getting rid of standing water that mosquitoes might use to breed.

However, one of the best ways to protect yourself when you're going to a place where hungry mosquitoes will be buzzing around is by using mosquito repellents.

Our team at the New Mexico State University Molecular Vector Physiology Laboratory has studied different types of mosquito repellents and their efficacy for over a decade. Here's what you need to know to protect yourself this summer:

All about repellents

The use of mosquito repellents goes far back in history, certainly predating written historical accounts. Some of the oldest records of the use of mosquito repellents date back to early Egyptian and Roman history. During this period, smoke from smudge fires was often used to repel mosquitoes.

Today, we have more options than our ancestors when it comes to choosing what type of mosquito repellent to use – sprays and lotions, candles, coils and vaporizers, to name some.

These repellents interfere with a mosquito's sense of smell, taste or both. The repellent either blocks or overstimulates these senses. Scientists understand how certain repellents like DEET work at the molecular level, but for many of them, it is still unknown why exactly they repel mosquitoes.

Testing repellents

We used a variety of scientific laboratory experiments and field tests to find out what works. For some products, testing was as simple as putting a volunteer's treated arm into a cage with 25 mosquitoes and waiting for the first mosquito bite.

For others, like citronella candles, we used a slow-speed wind tunnel and put a candle or device between a person and a cage of mosquitoes. Depending on the repellent efficacy of the device, mosquitoes either flew toward the person or away. Another experiment we conducted was the Y-tube choice assay where mosquitoes chose to fly toward someone's hand or, if repelled, fly toward the blank or empty option.

Mosquito repellents that don't work

Bracelets don't work. Department stores and pharmacy chains sell hundreds of different varieties of bracelets. They are marketed as "mosquito repellent" bands, wristbands and watches, and their materials can vary from plastic to leather. Even if they are loaded with repellents, they can't protect your whole body from mosquito bites.

> **One of the best ways to protect yourself when you're going to a place where hungry mosquitoes will be buzzing around is by using mosquito repellents**

Ultrasonic repellent devices don't work. These come as electrical plug-ins, free-standing varieties or watchlike accessories that claim to emit a high-frequency sound that deters mosquitoes by mimicking bats. However, in scientific studies, ultrasonic repellent devices fail to repel mosquitoes. In fact, when our lab tested one of these devices, we found a slight increase in mosquito attraction to the wearer.

Dietary supplements – vitamin B, garlic and so on – don't work. No scientific evidence shows these supplements protect people from mosquito bites.

Light-based repellents don't work. These devices come as colored light bulbs, and they don't attract insects that fly toward white light. This approach works well on moths, beetles and stinkbugs, but not on mosquitoes.

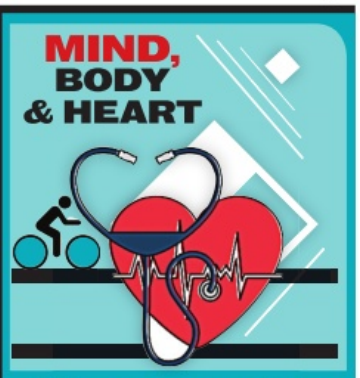
Mosquito repellents that work

And here is our ranking of what does work, starting with the best repellent/active ingredient.

- DEET works. DEET, chemical name, N,N-diethyl-meta-toluamide, was developed in the 1950s by the U.S. Army and is a well-established mosquito repellent with a long history of use. The higher the percentage, the longer the protection time is – up to six hours.
- Picaridin works. This synthetic repellent can protect for up to six hours at a 20% concentration. This repellent is a promising alternative for DEET.
- Oil of lemon eucalyptus, or OLE, works. OLE, with the active ingredient PMD, is a plant-based alternative to DEET and picaridin. Its repellent properties can last for up to six hours.
- Other essential oils – some work, some not so much. We applied 20 different essential oils in a 10% essential oil lotion mixture to volunteers' skin. Here's what we found:
- Clove oil works. This oil, with the active ingredient eugenol, can protect from mosquito bites for over 90 minutes at a 10% concentration in lotion. Cinnamon oil works. This oil, with the active ingredients cinnamaldehyde and eugenol, can protect from mosquitoes for over 60 minutes at a 10% concentration in lotion. Geraniol and 2-PEP, or 2-phenylethyl propionate, work for about 60 minutes at a 10% concentration in lotion. Citronella oil works, just not so great. We found citronella oil at a 10% concentration only protected from mosquito bites for about 30 minutes.
- If you are planning to mix your own plant-based mosquito repellent this summer, remember that essential oils are complex mixtures of plant-made chemicals that can cause skin irritations at high concentrations.

Based on our study, we recommend using repellents with the active ingredient DEET if you live in or are traveling to regions with a high risk of vector-borne disease transmission. However, plant-based repellents will work just fine to prevent nuisance mosquito bites in low-risk areas, as long as you reapply them as needed.

(Immo A Hansen, and Hailey A Luker, New Mexico State University, The Conversation)



All you need to know about...

Importance of sunlight

Long life

Want to prolong your life? Regular sunlight exposure ranging from five to 30 minutes daily when ultraviolet (UV) rays are low can boost longevity and enhance health, an expert said on Sunday.

Taking to a post on the social media platform X, Dr. Sudhir Kumar from Indraprastha Apollo Hospitals, Hyderabad offered insights on why regular exposure to sunlight was important for one's health.

"Exposure to sunlight on a regular basis increases longevity. Brief duration (5–30 minutes per day) of sunlight exposure is sufficient," he said.

Sun exposure

Citing a study, he said that nonsmokers who avoided sun exposure had a life expectancy similar to smokers in the highest sun exposure group. This indicates that avoiding sun exposure is a risk factor for mortality on par with smoking.

He added that individuals who avoided sunlight had a reduced life expectancy of approximately 0.6 to 2.1 years.

Dr. Kumar said, "The benefits of sunlight exposure are linked to a lower risk of diabetes, hypertension, cardiovascular diseases, infections, and autoimmune diseases, as well as reduced stress levels."

Vitamin D

Further, Vitamin D, often associated with sunlight exposure, is considered a surrogate marker and not the sole contributor to increased longevity. Vitamin D supplementation alone does not offer the same health benefits as natural sunlight exposure, said the neurologist.

Dr. Kumar also emphasised the importance of choosing an appropriate time for sun exposure, particularly when the UV index is low, to maximise benefits.

He also cautioned against overexposure, even with sunscreen, as it can still increase the risk of malignant melanoma (skin cancer).

–IANS

Chai-Time

SOLVE IT IN A MINUTE

$(6^2 \div 2(3)) + 4(1+2)) \div (5^2+7^2-2^3) = ?$

BangaloreMirror | 10
Monday, July 29, 2024
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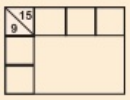
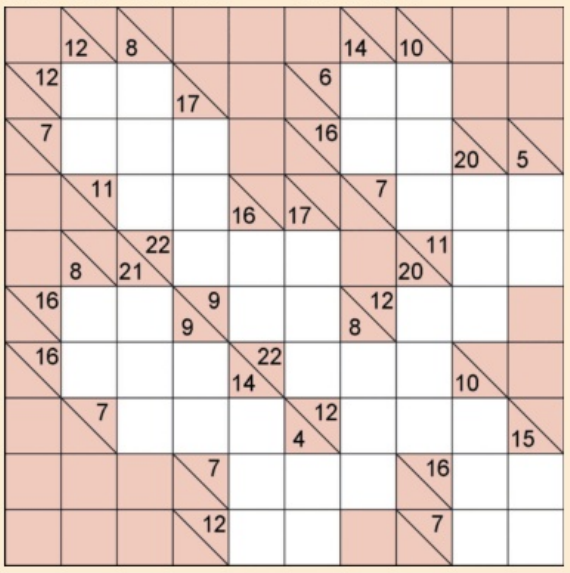
@BangaloreMirror

Kakuro

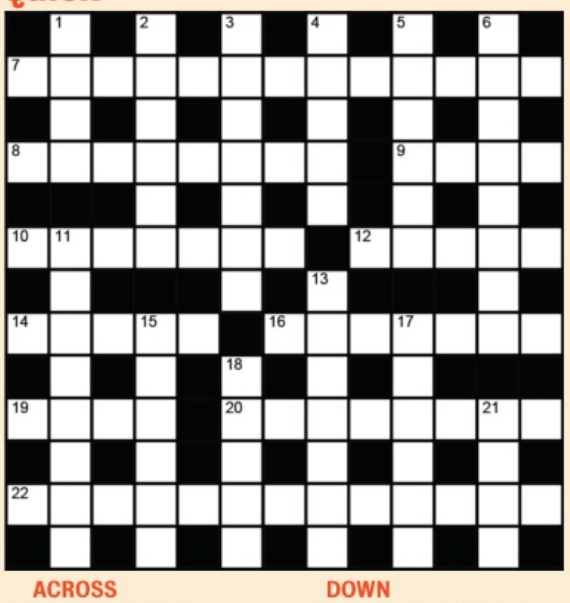
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Cosmopolitan (13)
8 Turned down (8)
9 Stupid or blunted (4)
10 Sewing implements (7)
12 Listened to (5)
14 Rebuke or berate (5)
16 Type of transport company (7)
19 Steep rugged rock (4)
20 Distraught (8)
22 Corroborations, verifications (13)

DOWN

1 Toothpaste container (4)
2 Unemotional (6)
3 Glanced over (7)
4 Part of a knife (5)
5 Calm, subjugate or suppress (6)
6 Brewing pot for a witch? (8)
11 Edible snail (8)
13 Market near Brigade Road (7)
15 Sign out online (3,3)
17 __ __ ruins : was overthrown or fallen? (4,2)
18 Blazing (5)
21 Charged particles (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: M EQUALS P

EPPJSYUEJP WYMMBPH CBRY-IHB UWBQB YQB MBJMVB JIU UWBQB OJEPZ YPO UQFEPZ Y VJU JN OENNBQBPU UWEPZH.

Linemaro

I can't breathe, every time I see you, you take my breath away

Mindchow

Don't be fooled by your emptiness, there's so much room for happiness

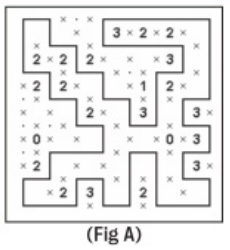
Joke of the day

A skeleton walks into a bar. He says to the bartender, "Gimme a cold beer and a mop."

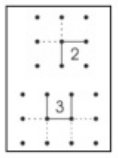
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

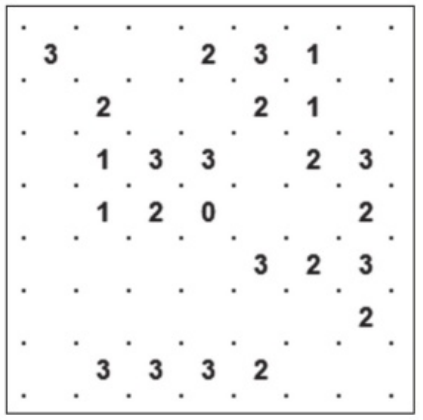


(Fig B) Not Allowed

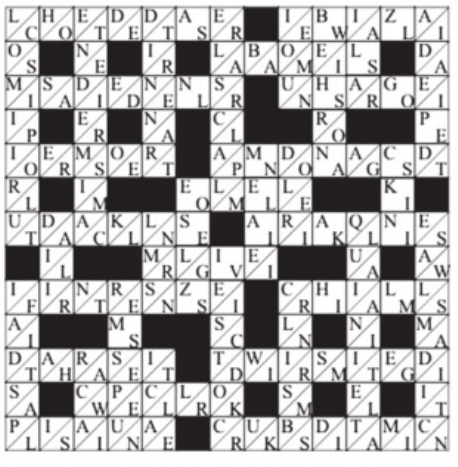
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



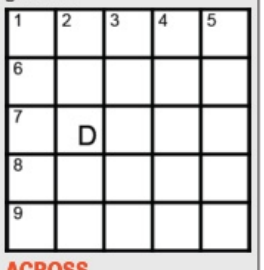
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Prags; 6 Acorn; 7 Oread; 8 Us rim; 9 Moly a

DOWN

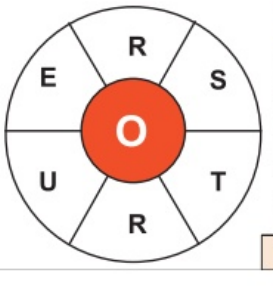
1 Al GNR; 2 Road I; 3 Amora; 4 CU Mrs; 5 Sepoy

Mensapuzzle

Solve this dingbat

Corporate

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

14 Average; 16 Good; 18 Outstanding

SudokuChallenge

	1							8
	8			3	4	6		
	3			6		7	1	
9							2	
			9		1			
	4							9
	5	1		4			7	
		7	2	9			4	
4							6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 1
4 5 7 7

Medium = 28
1 3 4 4

Hard = 18
1 3 7 2

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Girl's arm is lower. 2. Bush is missing. 3. Cat's tail is moved. 4. Number on helmet is different. 5. Leaves are missing. 6. Bottom of tree is different.

Riddler

Edgar, Frank, and George are regulars at a pub. All three of them have been regulars since before this month.

1. One regular goes to the pub every two days, one goes every three days, and one goes every seven days.
2. The first day of a certain month that Edgar went to the bar was a Monday. The first day of the same month that Frank went to the bar was a Wednesday. The first day of the same month that George went to the bar was a Friday.
3. There was only one day in that month that all three men went to the pub. On which day of that month did all three men go to the bar?

Alpha triangle

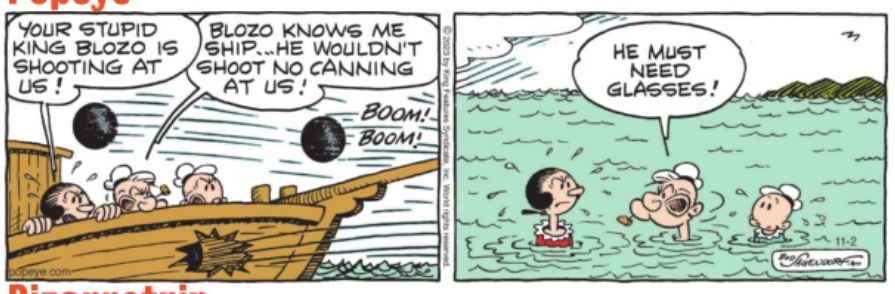
1 Blood gr.
2 'Cherchez femme'
3 Heat unit, abbr.
4 Shoestring
5 Absolve
6 Baby's bed
7 Went on all fours

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


YOUR STUPID KING BLOZO IS SHOOTING AT US!
BLOZO KNOWS ME SHIP...HE WOULDN'T SHOOT NO CANNING AT US!
BOOM! BOOM!
HE MUST NEED GLASSES!
11-2

Bizarrotrip

Wayno 4-24-24
& 3 Piroko.
SALE!
It learns your tastes so when the machines take over, at least you'll enjoy the music they pipe into your cage.
Dist. Id King Features ©2024 BIZARRO STUDIOS BIZARRO.COM

Diamond Lil

Hart of the city

SO BOORREEDD... MAYBE I'LL GIVE THIS SHOW DEAN SUGGESTED A TRY.
GARGOYLES
D PLAY SIET
SEVEN HOURS LATER
OH. MY. GOD.
THE GANG
HEART @DEAN SO I'VE WATCHED THE ENTIRE FIRST SEASON OF GARGOYLES. HOW COME YOU DIDN'T TELL ME THIS WAS SO GOOD?!
DEAN I DID!!
H
D
C
K

Crankshaft

YOU KNOW, BATTON... OUR NEIGHBOR RUNS A BOOKSTORE.
IT'S CALLED THE VILLAGE BOOKSMITH, AND I'M SURE SHE'D LOVE TO HAVE YOU DO A BOOK SIGNING THERE.
YOU HAD ME AT THE NAME!
4-24
BATIUK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are blessed by the moon. You may make new plans in terms of business. Your colleagues may be with you to implement your plans. You may recover your stuck money from your clients, which may boost liquidity in the business. After late evening, you may feel gloomy, which may affect your sound sleep.

Taurus Apr 21 – May 20
Today you have control over your opponents and hidden enemies. Decisions in legal matters may come in your favour. Your seniors may be happy because of your hard work, you may get new responsibilities in terms of promotion. Singles may find soul mates.

Gemini May 21 – Jun 21
Today you may be happy, you may plan to buy some creative items, which may improve your lifestyle. You may also spend on your friends and family members. You may plan to make investments in assets. Singles may have a good match, love birds may enjoy their important moments.

Cancer Jun 22 – July 23
Today, you may be seeking peace of mind. The moon's blessings may help you to focus on yourself. Investments in property and other assets are advised to be avoided. You may have happy moments in your domestic life, but advised to avoid arrogance and ego with your spouse. Disputes with the business partners are likely to be resolved.

Leo Jul 24 – Aug 23
Today you may be polite with the people around you. Many problems may likely be resolved with the help of your way of speaking. There may be control between savings and expenditure, which may boost your savings. You may spend on buying some creative things to renovate your house.

Virgo Aug 24 – Sep 23
Today, it's important to be mindful of your speech within the family, as careless remarks could impact family harmony. You may spend your hard-earned money on buying worthless things to maintain your social status. It is advised not to keep your money in your pocket. You may face problems related to ears, teeth and throat problems in terms of health.

Libra Sep 24 – Oct 22
Today is a good day for you. You have good vitality and health. You may enjoy your work, and domestic life may also be good. Healthy partnerships will give you benefits in terms of business. Job seekers will find suitable jobs. Love birds are advised to avoid discussing self-respect issues.

Scorpio Oct 23 – Nov 22
Today you must control your way of speaking, You should be careful in terms of hidden enemies and opponents. You may be a victim of conspiracy. It is advised to avoid making investments in risky assets. You must avoid lending money to anyone, it may not be recoverable easily. It is advised to do meditation and yoga to come out from stress.

Sagittarius Nov 23 – Dec 22
Today you will be a victim of negative thoughts. Impatient nature and arrogance will push you back from making difficult decisions. You will need the blessing of your elders, which will help you to grow into your work front. You should avoid making investments in dead assets. Love birds should avoid discussing bad moments.

Capricorn Dec 23 – Jan 20
Today you are in the winning position from your opponents and hidden enemies. Your money which was stuck, may be recovered today. You may perform your best at work. Today is an important day for love birds and singles to make important decisions in terms of marriage.

Aquarius Jan 21 – Feb 19
Today is a good day for you. Last week's crunch is over now. You may initiate your postponed projects. You may get a reward for your hard work, which may boost your confidence. There are some gains in your business which may boost your finances. Natives related to export and import, fashions, and dairy products may do better.

Pisces Feb 20 – Mar 20
Today, you may feel dull, you may have health issues. Overworking your mind may make you tired. It may affect your domestic harmony. You may arrive late for a social or family get-together. Losses may be possible in the business; it is advised not to invest in new business. Love birds should avoid involving in controversies.

KIDZONE

Ananya Vastare, 10 Years, Insight Academy

Mridula R Harlapur, 7 Years, Presidency School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(36÷2x3)+ 4(3))÷(52+72-29²) =
(183-12)÷(25+49-8)=
(66)÷(66) = 1

QUOTE UNCODE
Innovation happens because there are people out there doing and trying a lot of different things.

FAST FIVE

G	R	A	S	P
N	A	R	C	O
A	D	O	R	E
R	I	M	U	S
L	O	A	M	Y

STRIKE OUT

C	H	E	D	D	A	R		I	B	I	Z	A
O		N		R		A	B	O	I		L	D
M	A	D	D	E	N	S		U	S	A	G	E
P		E		A		C		O				P
O	R	M	E	R		A	M	O	N	G	S	T
R		I		E	L	L	E				K	
T	A	C	K	L	E		I	R	A	Q	I	S
	L		M	L	V	I			U			A
F	I	N	E	S	S	E		C	H	I	L	L
A		S		C		L		N		A		
T	A	R	S	I		T	W	I	S	T	E	D
A		S		C		L		N		A		
L	I	A	N	E		R	U	B	I	T	I	N

QUICK

T		S		S		B		S		C				
C	O	N	F		I	R	M	A	T	I	O	N	S	
G		O		I		T		D		O				
C	R	A	G		F	R	E	N	E	T	I	C		
A		O		A		B		I						
S	C	O	L	D		A	I	R	L	I	N	E		
S				D		T				O				
N	E	E	D	L	E	S		H	E	A	R	D		
		I		N		E		U		D				
D	E	C	L	I	N	E	D		D	U	L	L		
B		O		A		B		U						
M	U	L	T	I	C	U	L	T	U	R	A	L		
T		S		S		B		S		C				

BULL'S EYE
oust, ouster, resort, rose, roster, rote, rouse, rout, route, sore, sorer, sort, sorte, sort, store, store, tour, TROUSER

MENSA PUZZLE
corporate-downsizing

RIDDLER
All three men went on the 27th.

SUDOKU

6	1	4	5	7	2	3	9	8
7	8	9	1	3	4	6	5	2
5	3	2	8	6	9	7	1	4
9	7	5	4	8	3	1	2	6
8	2	6	9	5	1	4	3	7
1	4	3	7	2	6	5	8	9
2	5	1	6	4	8	9	7	3
3	6	7	2	9	5	8	4	1
4	9	8	3	1	7	2	6	5

ALPHA TRIANGLE
A, La, Gal, Lace, Clear, Cradle, Crawled.

GO FIGURE
Easy
7 – 7 – 4 + 5 = 1
Medium
3 + 4 x 1 x 4 = 28
Hard
7 + 3 – 1 x 2 = 18

LOOP

KAKURO

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Hot pic alert

Actor Vicky Kaushal, who is currently enjoying the success of his recent film 'Bad Newz,' has once again grabbed everyone's attention with his latest post.

Taking to his Instagram, Vicky shared a striking photo of himself posing in the water.

In the picture, the 'Masaan' actor flaunts his muscular body, looking fit and confident.

Along with the photo, Vicky added a playful caption that reads, "Gaane vangu mukde thodi aa patlo!"

Fans of the 'Uri' actor quickly flooded the comments section.

One fan wrote, "Vicky pleeeejjj, ek he jaan hai kitni baar loge." Another simply commented, "hot."

The film, released on July 19, seems to be a successor to the 2019 hit 'Good Newwz,' which starred Kareena Kapoor Khan, Akshay Kumar, Kiara Advani and Diljit Dosanjh in the lead roles.

This film takes a hilarious detour from the usual rom-com tropes, diving into the chaotic world of heteropaternal superfecundation--a fancy way of saying two dads, one mom, and one bun in the oven!

'Bad Newz' is co-produced by Tiwari along with Hiroo Yash Johar, Karan Johar, Apoorva Mehta, and Amritpal Singh Bindra. **-ANI**

All that glitters

Is gold, prove B-Town celebs, who dazzled in shimmery outfits recently at Anant Ambani's wedding in Mumbai

Watch this story come alive on your device by scanning this QR code

Sonakshi reveals what bridal wear trend is according to her

Beauty is her style

Newlywed Sonakshi Sinha turned heads as the showstopper for acclaimed couturier Dolly J on Day 4 of India Couture Week 2024 in Delhi.

The actor looked gorgeous in her blush-pink outfit. She recalled her wedding day and shared what according to her is the new bridal wear trend.

While talking to the media, she shared, "I genuinely feel the simpler bride is going to be back. I honestly had the freedom to enjoy my wedding so much because I was so comfortable. And I was able to breathe and move around. And I didn't stress myself out. So I think a simpler but beautiful bride, that's going to be a forthcoming trend for sure."

Sonakshi and Zaheer got married on June 23 in the presence of their loved ones at their residence in Mumbai.

While talking about choosing the outfit for her marriage, she said, "It took five minutes for both of us to choose outfits. I was very clear in my head that I wanted to wear a red sari. And I was very clear in my head that for my actual signing and the wedding, I wanted to wear my mother's sari and her jewellery, which is exactly what I did. So it was all in my head. And we just brought it to life on that day. We're very not so fussy people."

Dolly J's 'La Vie en Rose' is a collection inspired by the delicate beauty of flowers, and celebrates femininity and elegance. **-ANI**

Twinning with lunch

Actress Karisma Kapoor took her twinning game to the next level by wearing an outfit that matched her food, calling it a "mega vibe".

Karisma shared a picture on Instagram from the "mega auditions" of the dance-based reality show 'India's Best Dancer Season 4'.

In the image, she is seen sporting a lime green outfit while enjoying a slice of avocado toast on set, posing for the camera.

The actress, who is the elder sister of Kareena Kapoor Khan, captioned the photo: "When ur lunch matches ur outfit. Mega Auditions - Mega Vibe."

Last week, Karisma, who is a judge on the show, was seen dancing to the song 'Haye Hukku' from the 1994 film 'Gopi Kishan', which also stars Suniel Shetty. The song is sung by Kumar Sanu and Poornima.

The 50-year-old star made her Bollywood debut in 1991 with 'Prem Qaidi', and has since appeared in films such as 'Andaz Apna Apna', 'Jigar', 'Anari', 'Raja Babu', 'Coolie No. 1', 'Biwi No.1', 'Saajan Chale Sasural', 'Raja Hindustani' and 'Dil Toh Pagal Hai'. On the work front, Karisma was last seen in the movie 'Murder Mubarak', a mystery thriller based on the novel 'Club You To Death' by Anuja Chauhan. The film also stars Pankaj Tripathi, Sara Ali Khan, Vijay Varma, Dimple Kapadia, Sanjay Kapoor, Tisca Chopra, Suhail Nayyar, and Tara Alisha Berry. **-IANS**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Curious about Pepe

Vinay Rajkumar, the promising third-generation actor from Kannada matinee idol Dr Rajkumar's family, who drew a lot of attention in Sandalwood for his performance in the film Siddharth, is now preparing to become a mega mass hero.

Following in the footsteps of his uncles Dr Shivaraj Kumar and late Puneeth Rajkumar, Vinay is set to excel in both class and mass cinema. After showcasing his versatility in Ondu Sarala Prema Kathe that was released last February, Vinay is ready to showcase his mass appeal with Pepe.

'Pepe' promises a fresh cinematic experience, and its team has already created a buzz among the moviegoers with a stunning teaser. The Censor Board of Film Certification has awarded it an 'A' certificate, heightening anticipation for its release.

Directed by filmmaker Shreelesh S Nair and produced by Uday Shankar S and BM Sriram of Kolar, Pepe has been made on a grand scale. According to sources, Pepe belongs to the gangster crime drama genre and is set in the timeline – 1970 to 2020. The movie also features Kajal Kunder, Aruna Balaraj, Kitty and Sandhya Arakere.

Peppy song

The much awaited laughter riot Powder has become the talk of the town again with the release of its second song 'Parapancha Gama Gama'. After the success of the first song 'Mission Gama Gama', the second song has created higher expectations and curiosity.

Folk Marley Anthony Dassan has sung the cheerful rhythm song 'Parapancha Gama Gama'. Anthony Dassan, who has sung significant blockbusters such as Tagaru's theme song and Suri Anna, has voiced a peppy beat for the first time, which makes it distinct. Vasuki Vaibhav has composed the music for this song.

Powder is a comedy that revolves around three youngsters who are on a mission to get instantly rich by selling the powder that has a lot of demand.

Powder is a Janardhan Chikkanna directorial which stars Diganth Manchale, Dhanya Ramkumar, Anirudh Acharya, Sharmiela Mandre, Rangayana Raghu, Gopalakrishna Deshpande, Dr.Nagabhushan and others.